



Greatly indebted

Canadian household debt numbers are skyrocketing and look a lot like U.S. figures before the housing bust, an expert warns [PAGE 6](#)

DALTON DAYS ARE DONE

ONTARIO LEGISLATURE PROROGUED
AFTER PREMIER STEPS DOWN [PAGE 4](#)



REGINA

metro

Tuesday, October 16, 2012

News worth sharing.

metronews.ca | twitter.com/metror Regina | facebook.com/metror Regina

Fans go extra miles for Biebs

Baby, baby, baby, ohh. Concert-goers hit the road as Justin Bieber sets place at Saskatoon table

ROB BROWN
rob.brown@metronews.ca

Five-year-old Talon Lazaruk had it circled on his calendar months ago. Justin Bieber. Oct. 16. Saskatchewan.

"I've been counting down the days for a couple of months," said the Regina youngster. While only five, Talon has Bieber's dance moves down.

"He knows them all," said Talon's mom Keri. The pair are taking Tuesday afternoon off, picking up a friend, and hitting the road to Saskatoon. While Keri isn't a Bieber fan, she's more than happy to be along for the ride. Talon may even go autograph-hunting before and after the concert.

Eight-year-old Neveah Wilker has been holding on to her tickets since getting them for her birthday earlier this year. She will be going Tuesday

and spending an extra day in Saskatoon. While others may enjoy Wednesday shopping, the main event for Neveah is Tuesday.

"I can't wait to get to Saskatoon!" she said.

The pop superstar is expected to draw more than 13,000 Tuesday night to Saskatoon's Credit Union Centre. Many are predicting heavy traffic congestion in the city before and after the show. Promoters are encouraging ticket-holders to arrive as early as 6 p.m. The show is expected to start at

7 p.m. with Mission, B.C.'s Carly Rae Jepsen taking the stage as the opening act.

Saskatoon will be running special shuttle buses throughout the city, including Confederation Mall Transit Terminal, Market Mall and Lawson Heights Mall.

Cornwall Centre shopper Darren Fleming said while he had no interest in catching Bieber fever himself, he said the size of Bieber's fan base would be a great draw for a bigger venue in Regina.

"Perhaps an excuse for a dome, I don't know," he said.



Twitter has Bieber fever!

- @Jillianbrown143:** ● ● ● ● ●
I'll be at school during the day, but I've had my tickets since May!
- @Kerilazaruk** ● ● ● ● ●
Off to Saskatoon tomorrow with Talon and Amy for Justin Bieber! @AmyWagman #BELIEVEtour
- @justinssparkles** ● ● ● ● ●
Jessie j: nobodys perfect. Me: have you met justin bieber
- @FightForDBiebs** ● ● ● ● ●
Beliebers almost never say Justin Bieber. We always just talk about Justin, Biebs or Juju & when we get serious it's always Justin Drew Bieber
- @LoveUSelnBiebs** ● ● ● ● ●
"Justin Bieber is the youngest male artist to top the Billboard U.S. 200 chart since Stevie Wonder in 1963." #PROUD



This Sept. 30 photo shows Justin Bieber performing at the MGM Grand Garden Arena in Las Vegas. Bieber's Believe Tour lands in Saskatoon tonight. [ISAAC BREKKEN/INVISION/THE ASSOCIATED PRESS FILE](#)

Harbour Landing

daytonahomes.ca

Show Home Now Open!

4773 James Hill Road • 306.522.3210

Value Driven

La Ronge

Child, family services for on- and off-reserve residents

A Saskatchewan First Nation is giving child and family services to both on- and off-reserve residents.

Social Services Minister June Draude was in La Ronge Monday to officially sign the new agreement with the Lac La Ronge Indian Child and

Family Services Agency.

As of Oct. 1, the agency has been giving child protection and foster care services to off-reserve residents in La Ronge, Air Ronge, Pinehouse, Brabant Lake, Southend and Stanley Mission. Chief Tammy Cook-Searson says no longer will issues of jurisdiction interfere with child welfare, since child protection workers will now have the option of placing children with extended family living off-reserve. **THE CANADIAN PRESS**

Maintenance

Ring Road work expected to finish Tuesday

Bridge maintenance and improvement work on Regina's Ring Road over Victoria Avenue is slated to wrap up Tuesday. The work is being completed on both the north and southbound bridges.

METRO

Awareness campaign

Saskatchewan government targets HIV-related stigma

Taking aim at HIV-related stigma, the Saskatchewan government is launching an awareness campaign encouraging people to challenge common misconceptions about people

living with HIV.

"We hope this campaign will help create an environment free of stigma and discrimination in which those living with HIV will feel comfortable accessing testing and care," said provincial Health Minister Dustin Duncan.

The campaign features YouTube videos, online and radio ads as well as bus shelter ads.

METRO

A Regina comedian's salute to sub-par cinema

Showtime. Jayden Pfeifer's Talkies make bad movies enjoyable



JEFF MACKEY
jeff.mackey@metronews.ca

Is there anything worse than people talking during a movie? Well, sometimes mid-movie commentary is actually the only thing redeeming the film.

Talkies is a monthly event hosted by comedian Jayden Pfeifer at the Creative City Centre.

At Talkies, a bad movie is played while Pfeifer and co-hosts ridicule it for plot loopholes, bad acting and general ridiculousness — and audience participation is encouraged.

"It is a fun, casual way to watch a bad movie, and if you hate it at least you are not alone, you're in a room full of people making fun of it and laughing," said Pfeifer.

"Instead of watching a movie and just saying afterwards, 'That was bad,' I prefer to say, 'It's bad and this is why,' while it happens."

On Tuesday Pfeifer and his crew of arm-chair critics watched The Super Mario Bros. with Bob Hoskins, John Leguizamo and, believe it or not, Dennis Hopper.

The shortcomings of the Mario Bros. movie, circa 1993, are the stuff of legend; but that doesn't mean Pfeifer has prepared jokes for the movie, in fact he's never even seen it before.

"None of it (commentary) is prepared, I don't write any jokes or material in advance. I watch it blindly and make stuff up as we go along," said Pfeifer.

"It is less about me being a comedian at the front of the room throwing out gags, it is more like I am just another member of the audience, only I have a microphone."

CreativeCityCentre.ca

For more information, including dates and showtimes, visit creativecitycentre.ca.

- **Cost.** Tickets are \$5 at the door.



Jayden Pfeifer is a Regina-based comedian and actor who hosts a variety of events in the city each month including Red Hot Riot and Talkies.

JAYDEN PFEIFER/CONTRIBUTED

Theatre of thumbs down

The art of enjoying a truly artless movie

According to founder Jayden Pfeifer, Talkies was inspired by the MTV show Mystery Science Theatre 3000 as well as the How Did This Get Made podcast.

In the eight months Pfeifer has been hosting Talkies, they have dissected all sorts of lame movies like Lady in the Water, They Saved Hitler's Brain, Abraxas, Kick or Die and Theodore Rex.

But just what does make the perfect bad movie?

"It is hard to say," said Pfeifer.

"Usually when it isn't very well put together — but they take it way too seriously anyway."

JEFF MACKEY/METRO

We're your best bet. Non-stop flights to Vegas.

One-way fares from: Regina

From **\$149 = \$233***
+ \$84 taxes, fees & surcharges

Book by October 18, 2012 (11:59 p.m. MT) for travel on Mondays, Tuesdays and Wednesdays from November 1, 2012 to February 7, 2013. Blackout dates apply.*

Looking to pack a hotel with your flight? WestJet Vacations offers a variety of Vegas packages.

Book your flights or vacation package today at westjet.com.



Discover
America
.com



*Book by October 18, 2012 (11:59 p.m. MT) for travel on Mondays, Tuesdays and Wednesdays from November 1, 2012 to February 7, 2013. Blackout dates from December 13, 2012 to January 8, 2013. Fares on other days may be higher. Advertised fares on based on non-stop flights. Advertised taxes and fees for U.S. destinations can fluctuate based on exchange rate. Advertised fares only apply to flights marketed and operated wholly by WestJet, and are not applicable when travelling with our code-share, interline or other airline partners. Fuel surcharge between \$22 - \$45 per direction still applies to Air Miles™ redemption bookings. Seats at these fares are limited and may not be available on all flights. New bookings only. Non-refundable. Advance purchase required. Flights may not operate on certain days. All fares shown are one-way.

Campus buzz: Romney vs. Obama

U.S. President Barack Obama and Republican presidential candidate Mitt Romney are set to go head to head for a second debate this evening in Hempstead, New York. Metro spent some time on the University of Regina and University of Saskatchewan campuses to get the local take on who should be in office. The question posed was **'WHO WILL BE BETTER FOR SASKATCHEWAN?'**

JANE CAULFIELD IN METRO SASKATOON AND ROB BROWN IN METRO REGINA

Caitlin Woloschuk



"Obama is about equality, and that's really what I'm for."

Arts and Science student, U of S



Paul Hansen

"Obama would be good for Saskatchewan because of his socialist view and socialist policies which is something the Saskatchewan government is big on right now."

English and Political Studies student, U of S

Kurt Hofmann



"Depends on which side you look at it. If it's going to be a business side, definitely Mitt Romney will be better for Saskatchewan ... from a moral point of view, I think Obama ... he deals with social issues more so than just economics."

Publications officer in communications, U of S



Jay Moser

"I don't think our relationship with the U.S. is determined either way by the outcome of the presidential race."

Computer Science student, U of R

Katie Williamson



"Obama will be better for the province and Canada."

Actuarial Science student, U of R



Kaleigh Maguire

"I don't know who would be better overall, both have advantages and disadvantages. Our relationship is more important because we border them."

History student, U of R



The Saskatchewan government has come up with a 25-year plan to protect the province's tap water. CATE GILLON/GETTY IMAGES

Province aims to protect tap water with 25-year plan

The Saskatchewan government has outlined a 25-year plan that it says will protect water supplies from the source to the tap.

The plan has seven goals that include making sure water supplies are sustainable.

The province says conservation is critical and could be achieved through pricing strategies.

But the plan adds that new

reservoirs, pipelines and canals may also be necessary to meet demand.

Water demand is highest in the southern part of the province because of industrial development such as potash mines.

Other goals include ensuring dams meet water supply and management needs safely and making sure measures are in place to respond to

floods or drought.

"We want to ensure there is a sustainable water supply available to support our growth, a healthy environment and our quality of life," Ken Cheveldavoff, minister responsible for the new Water Security Agency, said Monday.

The Water Security Agency will report annually on how the plan is working.

THE CANADIAN PRESS



Water minister Ken Cheveldavoff
CONTRIBUTED

Financial disclosure

NDP shows the money in wide leadership race

The Saskatchewan New Democratic Party is opening up the books in the race for a new leader. The party has published the first monthly financial disclosure statements of the four NDP leadership candidates, as well as a list of those who

have donated \$250 or more to each candidate.

Saskatoon MLA Cam Broten raised the most in September — \$19,694.99 — while Regina MLA Trent Wotherspoon spent the most — \$26,792.34. Saskatoon physician Ryan Meili had \$13,188.81 in contributions and economist Erin Weir reached \$14,666.89.

The party says the next financial statement will be published in mid-November. **THE CANADIAN PRESS**

Average premium rate

Workers' Comp Board drops premium for 2013

Saskatchewan's Workers' Compensation Board has proposed a reduction to the average premium rate for 2013.

The board says the average premium will drop by two cents to \$1.58 for every \$100 of payroll, a

decrease of 1.25 per cent.

This will be the sixth straight year the average rate has dropped and marks a 22.9 per cent decrease from the ten-year high of \$2.05 in 2004.

Premiums in 34 rate codes will drop by an average of 5.4 per cent while premiums in 11 rate codes will see an average increase of 3 per cent.

Five industry codes will have no premium change. **THE CANADIAN PRESS**

Temple REIT

Saskatoon Inn and Conference Centre sells for \$37.15M

Temple Real Estate Investment Trust said Monday it has signed a deal to buy the Saskatoon Inn and Conference Centre for \$37.15 million.

The trust said it will also spend \$10 million on a capital expenditure plan over the

next three years to update and refurbish the hotel.

The eight-storey hotel, located near the Saskatoon airport on a 3.7-hectare property, has 250 rooms, including 21 suites, as well as over 28,000 square feet of meeting and banquet space.

The trust said it would finance the deal with a \$27.75-million mortgage loan and cash.

The acquisition is expected to close Nov. 1. **THE CANADIAN PRESS**

Labour movement. New 300,000-strong union could soon double in size

The labour movement is looking to become a political force again by creating Canada's largest private sector union that will seek to double its size by organizing new workplaces and opening up its ranks to non-traditional members.

The Communications, Energy and Paperworkers Union of Canada voted Monday to approve a merger with the Canadian Auto Workers, which gave its OK to the plan in August.

The new union will initially have more than 300,000 members across roughly 20 sectors of the economy, but CEP president Dave Coles

Occupy spirit

Union leaders said the new entity will try to capture the spirit of the student protests that gripped Quebec last summer, and the Occupy movement.

said he doesn't anticipate it remaining that size very long.

"Doubling that in a very short period of time is not unreasonable and it gives different voices to the debate and to the argument," he said during a news conference in Quebec City. **THE CANADIAN PRESS**

Quebec inquiry

Illegal fundraising common: Witness

Former construction boss Lino Zambito, at Quebec's corruption inquiry, says illegal fundraising was commonplace in the province's politics and it occurred under various political parties. Zambito is testifying that he funnelled \$88,000 over the last decade to all Quebec political parties. **THE CANADIAN PRESS**

Russian investigation

Pilots in plane crash were drunk

Russia's investigative agency says both the pilots of a plane that crashed last month in Russia's far east, killing 10 people, were drunk.

The Investigative Committee said Monday that a forensic study found the first pilot of the local flight was lightly intoxicated and his co-pilot was moderately intoxicated when their An-28 slammed into a forest on the Kamchatka Peninsula on Sept. 12. Ten of 14 people on board, including both pilots, were killed. **THE ASSOCIATED PRESS**

Gun control

Markings will help track guns: Feds

The Conservative government that earlier this year killed the national gun registry now says placing serial numbers on long guns contributes to public safety by allowing police to trace them. The Public Safety department says that, effective Dec. 1, long-delayed rules on gun markings will come into force. **THE CANADIAN PRESS**

Cycling accidents

Helmets prevent deaths: Study

A study found cyclists who didn't wear a helmet were three times more likely to die of a fatal head injury than those who wore head protection while riding.

Researchers looked at 129 accidental cycling deaths in Ontario between 2006 and 2010, using data from the Office of the Chief Coroner. **THE CANADIAN PRESS**

Leaked video

Hulk Hogan suing over sex tape

Reality TV star and former pro wrestler Hulk Hogan is suing a Tampa Bay-based disc jockey, the DJ's ex-wife and a New York media group over a sex tape.

According to a news release from Hogan's publicist, two lawsuits will be discussed during a news conference Monday afternoon near the federal courthouse in Tampa.

Hogan says he was secretly taped six years ago having sex with the ex-wife of DJ Bubba "The Love Sponge" Clem. **THE ASSOCIATED PRESS**

Paris court

Man sentenced for attacking photog

A Paris court has convicted a 23-year-old man of attacking and injuring a photographer who had taken photos of a group of women who were breaking a new French law by wearing face-covering veils. The court sentenced Ymad Bilel Benouahab on Monday to 18 months in prison for the September attack. **THE ASSOCIATED PRESS**

Ontario Premier McGuinty steps down

Under fire. Provincial leader calls is quits amid political gridlock after nine years as premier, 16 as Liberal leader

Politics aside

"I have never doubted his sincere commitment to the people in this great province of Ontario ..."

Conservative Leader Tim Hudak

Beaten down by a series of scandals, Ontario Premier Dalton McGuinty announced late Monday he was stepping down as Liberal leader and adjourning the legislature because his minority government can't pass legislation to freeze public sector wages.

After 16 years as party leader and nine as premier, it's time for new blood, McGuinty told a surprised Liberal caucus as his wife Terri and brother Brendan looked on.

"It's time for renewal, it's time for the next Liberal premier, it's time for the next set of Liberal ideas to guide our province forward," McGuinty told the caucus.

"To that end, I spoke with the president of our party and asked that he convene a leadership convention at the earliest possible opportunity."

McGuinty said he would stay on as the MPP for Ottawa-Centre until the next election.

The Liberals have been under fire for months for an out-of-control air ambulance service and faced a second contempt motion Monday for cancelling two gas plants in Mississauga and Oakville at a cost of hundreds of millions of dollars to taxpayers.

However, McGuinty blamed the fight over a public sector wage freeze for his second surprise — adjourning the legislature. He vowed the Liberals would try to negotiate zero-increase agreements with the unions — something the NDP has demanded — and would also use the break to negotiate with the Progressive Conservatives.

"They oppose our wage freeze plan, and that means we can't make it the law, certainly as it stands at this point," said McGuinty.

"I met with the LG (lieutenant-governor) earlier today and asked that we pro-



Ontario Premier Dalton McGuinty walks out of the government caucus room with his wife Terri after announcing he is stepping down from his position, Monday, in Toronto. MICHELLE SIU/THE CANADIAN PRESS

rogue the house so that we can pursue both discussions, both tracks, in a way that is free of the heightened rancour that has sadly, too frequently, characterized our legislature of late."

The government needs the wage freeze for about 481,000 public sector workers to trim the \$14.4-billion deficit, and

McGuinty said proroguing will give the government time to find out exactly what the Tories want to approve the plan.

THE CANADIAN PRESS

Go to metronews.ca to see reactions from politicians, readers and Ontarians about the surprise resignation.



Costa Concordia. Former cruise captain faces victims at court hearing

The former captain of the shipwrecked Costa Concordia cruise liner came to an Italian court on Monday to hear the evidence against him, while passengers who survived the Jan. 13 collision in which 32 died showed up to look him in the eye.

Wearing dark glasses, Francesco Schettino used a back entrance to slip into a theatre in the Tuscan city of Grosseto that is serving as a courtroom. He made no comment to reporters outside.

The Concordia ran aground and capsized off the Tuscan island of Giglio after Schettino took it off course and brought it close to the island as part of

a stunt.

Hearings this week will help decide whether a judge will order trial for Schettino, who is charged with manslaughter, causing the shipwreck and abandoning ship while passengers and crew were still aboard. He denies the charges. Any trial is unlikely to begin before next year.

More than 1,000 survivors, victims' relatives and their lawyers are attending the closed-door hearing to discuss the evidence against Schettino and eight other defendants, including crew members and officials from Concordia owner Costa Crociere SpA, owned by Carnival Corp. **THE ASSOCIATED PRESS**



Francesco Schettino, centre, the former captain of the cruise ship Costa Concordia, leaves the Teatro Moderno theatre in Grosseto, Monday, where the first hearings are taking place for the Jan. 13 shipwreck. GREGORIO BORGIA/THE ASSOCIATED PRESS

3-year investigation. Flu vaccine is less effective than advertised: Report

A new report says flu vaccine is not as effective as public health messaging suggests and new and better vaccines are needed.

The report suggests the current vaccines offer moderate protection some years and less in others.

The authors say the problem is that having vaccine that is deemed good enough is a disincentive for the industry to develop longer-lasting and more effective flu shots — especially given that better vaccines would likely cost significantly more.

The report of the CIDRAP Comprehensive Influenza Vaccine Initiative was written by public health experts at the Center for Infectious Diseases Research and Policy at the University of Minnesota.

The authors strongly advocate for major investments to develop new flu vaccines but say in the meantime, people should continue to use the currently available shots.

It questions many of the dogmas that are accepted about flu vaccine, including that vaccinating children will protect the elderly, who don't mount a good immune response to flu

vaccine.

As well, it says there is no evidence to support the idea that flu vaccine is more effective in years when the strains in the shot are a good match for those circulating in nature.

The 160-page report is the result of a three-year investigation into the science supporting flu vaccine efficacy and safety and the decision-making processes that led to the U.S. policy to recommend all Americans get a flu shot every year.

Welcome revelation

Interestingly, where five years ago claims like these likely would have been denounced as public health heresy, this report is receiving a much warmer welcome.

- **Off the mark.** In recent years, studies by a variety of research groups have shown that the long-quoted claims that flu shots offered 70 to 90 per cent protection against influenza have been off the mark.

He's an Austrian record breaker, not an Australian

Supersonic skydiver.

Austrian pride soars after Felix Baumgartner's legendary jump, and his fans at home want him to be known as one of their own

In tiny Austria, where souvenir shops do brisk business in T-shirts bearing the crossed-out image of a kangaroo, some hope skydiver Felix Baumgartner's record-breaking jump will mean that — for a while at least — people will stop confusing their country with Australia.

The daredevil Austrian not only became the first man to shatter the sound barrier without travelling in a jet or spacecraft, he also made the highest jump ever — a tumbling, death-defying plunge from a gossamer balloon floating in the stratosphere — before landing safely Sunday in the New Mexico desert.

But the pride felt here in the man known as "Fearless

Felix" goes beyond reminding the world that Austria is not Australia. It also resonates on a deeper level in a country whose positive achievements have often been overshadowed by its association with Adolf Hitler.

This nation of less than nine million people gave birth to Wolfgang Amadeus Mozart, Franz Schubert, Gustav Mahler and Sigmund Freud as well as scores of other Austrians who have left huge footprints across the centuries in music, politics, art and science. Its Alpine lakes and mountain peaks are immortalized in The Sound of Music, and its famed contemporary human exports include Arnold Schwarzenegger and Hollywood chef Wolfgang Puck.

But Austria is also frequently invoked as the birthplace of the Nazi dictator — and more recently as the home of Josef Fritzl, the man sentenced three years ago to life in prison for locking his daughter in a basement dungeon for 25 years and fathering her seven children.

Foreign media commentators back then argued that there must be something inherently evil in a nation that can pro-



Felix Baumgartner, right, of Austria, shares a laugh with Col. Joe Kittinger, USAF retired, after successfully jumping from a space capsule lifted by a helium balloon to a height of just over 128,000 feet above the Earth's surface, beating Kittinger's old record of 102,799 feet on Sunday.

ROSS D. FRANKLIN/THE ASSOCIATED PRESS

duce both Hitler and Fritzl, prompting the government to declare that Fritzl's crimes were an "isolated case" that the country could not be held hostage to.

With such associations weighing heavily on their minds, many Austrians were happy Monday for a new local hero swelling the ranks of the nation's good guys.

Vienna resident Mahir Dizdarevic described Baumgart-

ner's stratospheric stunt as "good PR for Austria," adding with a laugh: "Let's hope we won't get mistaken for Australia anymore."

Peter Portugal, a fellow Viennese, also expressed his nation's pride. "He's Austrian, and I'm insanely happy that an Austrian did that," he said. "After all, he broke some records — and they will last for his entire life, my life and Austria's life."

THE ASSOCIATED PRESS

Israel. Multimillionaire put under house arrest

Israeli authorities have placed a multimillionaire celebrity rabbi with a strong American following under house arrest, and banned him from travelling abroad as they investigate allegations that he bribed a high-ranking officer for access to his police file, police said Monday. Rabbi Yoshiyahu Yosef Pinto's legal saga took a dramat-

ic twist this week: investigators interrogated Pinto for three hours Sunday, police spokesman Micky Rosenfeld said, but cut short the questioning after news came that Pinto's wife — also questioned in the affair — had overdosed on pills and was rushed to the hospital. The Israeli media called it an apparent suicide attempt.

THE ASSOCIATED PRESS

Guantanamo. Prisoners face military tribunal

Five Guantanamo prisoners charged in the Sept. 11 attacks returned before a military tribunal Monday, forgoing the protest that turned their last appearance into an unruly 13-hour spectacle.

But the apparent co-operation of Khalid Sheikh Mohammed, who has said he masterminded the worst terror attack on U.S. soil, and four codefendants did little to speed up proceedings that have stuck in a legal and political morass for years.

Prosecutors and lawyers spent hours arguing the most preliminary of issues,

including whether the defendants have to be in court at all, with one attorney saying the hearings may dredge up bad memories of their harsh treatment in CIA detention.

The five men sat quietly at the defence tables under the watchful eyes of military guards and several 9-11 family members at the U.S. base in Cuba. Mohammed, his beard dyed a rust colour with henna, serenely read legal papers. Two others responded politely to the judge when asked.

THE ASSOCIATED PRESS

South Africans to protest official corruption, poor pay

Some 200,000 workers across South Africa will stop working later this week to protest official corruption and poor pay, a spokesman for the South African Municipal Workers' Union said, an action that will increase pressure on an economy already reeling from the impact of wildcat strikes in the crucial mining sector.

The soon-to-be striking workers have no specific wage demands but hope to force President Jacob Zuma's government to put in place "a proper wage structure" so that jobs and associated salaries are properly graded, said Tahir Sema, the spokesman of the municipal workers' union, on Monday.

South Africa has up to 300,000 municipal workers, according to Sema, who denied they were inspired by strikes over low pay that have spread across South Africa since August.

"The workers feel that they deserve more," Sema said. "This is about ensuring pay parity in the sector."

Citing the impact of unresolved strikes in the crucial mining sector, the credit rating agencies S&P and Moody's have downgraded South Africa's credit rating. In cutting South Af-

rica's long-term sovereign credit rating from BBB+ to BBB last week, S&P said the outlook of Africa's largest economy was not positive.

"The negative outlook reflects our view that the medium-term political, economic, and fiscal ramifications of South Africa's social tensions could deteriorate beyond our current expectations," the agency said. "The difficulty of addressing economic and so-

Quoted

"The workers feel that they deserve more. This is about ensuring pay parity in the sector."

Tahir Sema, spokesman for the municipal workers' union

On soon-to-be striking workers who have no specific wage demands, but want a better wage structure.

cial imbalances could be exacerbated by increasing external pressure in the context of sluggish global growth or investor risk aversion."

About 80,000 mineworkers, representing 16 per cent of the mining workforce, are currently striking across South Africa. It

remains unclear how these strikes will be resolved, with some employers declaring them illegal. The strikes have been marred by violence, most notably an incident on Aug. 16 when police shot and killed 34 miners at a platinum mine in Marikana, northwest of Johannesburg. Analysts say the Marikana strike may have motivated strike action by mineworkers elsewhere, as the Marikana miners in the end succeeded in winning a hefty 22 per cent pay raise.

The mining operations in Rustenburg of Anglo American Platinum, the world's top producer of platinum, have come to a standstill since thousands of mineworkers there went on strike. When the company dismissed 12,000 of the striking workers, some of them threatened to make the mines ungovernable. At least two people were killed in violence there last week.

The wave of violence at some of the mines has been exacerbated by rivalry between unions, with many workers rejecting the established bodies, such as the National Union of Mineworkers, for more upstart unions.

THE ASSOCIATED PRESS



Striking mineworkers take part in a demonstration in Rustenburg, South Africa, Oct. 6. THE ASSOCIATED PRESS

Based on every dollar you invest in The Greater Interest GIC®, Canadian Western Bank will make a donation to your local Big Brothers Big Sisters organization.

Available September through October.

The more YOU INVEST, the more LOCAL KIDS benefit.

18 month RRSP / RRIF / TFSA or regular GIC

2.00%*

Call our Regina branch at (306) 757-8888. Also branches in Saskatoon and Yorkton to serve you. To learn more visit greaterinterest.ca

THE GREATER INTEREST GIC CANADIAN WESTERN BANK Big Brothers Big Sisters

* Rate subject to change without notice. Available for a limited time only. Interest is compounded annually, paid at maturity. Some restrictions apply. See branch for details.

Member of CDIC

Family finances in worse shape than expected

Revised StatsCan data.

But new figures also show that Canadians have more assets than previously thought

Canadian households are even more in debt than anyone imagined, according to a revised Statistics Canada calculation that gives a more accurate picture of family fi-

nances.

The revisions place household credit market debt in the second quarter at 163 per cent of disposable income, well above the previously reported 152 per cent, although the two levels are no longer a direct comparison.

The new numbers remove non-profit institutions from the household category, giving a more accurate accounting of family finances.

The revision shows debt

growth over the last decade that looks "eerily similar to the U.S. experience, just before their dramatic housing bust," said David Madani, an analyst with Capital Economics.

"Overall, this supports our bearish view that Canada's housing boom is unsustainable and the eventual correction, which we think is already underway, is likely to have ...

material negative implications for growth," he said.

The revisions show a much steeper climb, with debt growing in each of the past six quarters. Madani doubts the news will cause the Bank of Canada to hike interest rates, saying that point has passed given the slowing housing market and still-weak global economy.

There was some good news in the re-



A revised Statistics Canada calculation puts household credit market debt at 163 per cent of disposable income. RYAN REMIOWZ/THE CANADIAN PRESS

vised data. It turns out Canadians have more assets than previously thought, with per capita net worth rising

\$7,900 to \$190,200 due mostly to an improved calculation of holdings in unlisted company shares. THE CANADIAN PRESS

Streaming. Windows 8 tablets can access songs via Xbox Music

Buyers of tablets that run Microsoft's newest operating system, Windows 8, are in for a pleasant musical surprise: they'll be able to handpick from a selection of millions of songs and stream them for free as long as they put up with an audio ad every 15 minutes.

The new feature, called Xbox Music, is not offered anywhere else at the moment.

Sweden's Spotify, for instance, allows track selection and playback on personal computers for free — with the occasional audio ad — but doesn't allow you to pick exactly the song you want on tablets unless you pay \$10 US a month.

Although this is a step forward for the music industry, its appeal is limited by the expense of most mobile data plans. Most cost more the more data you use, which can make streaming music on cellular

networks fairly expensive.

The free version of Xbox Music won't let you download songs and save them for offline playback. That will require paying \$10 US a month.

The paid subscription is also required if you want to use Xbox Music on the Xbox 360 game console or on smartphones that use Windows Phone. On the game console, an Xbox Live Gold membership, which costs \$60 US a year, is also required. THE ASSOCIATED PRESS



What crisis? Global luxury sector sees third straight year of strong growth

Chinese shoppers at home and abroad are pushing global sales of luxury items to new heights, helping the sector post its third straight year of strong growth since the global recession.

A new study by Bain & Company released Monday forecasts the global luxury goods market for clothing, accessories, jewelry, cosmetics and art will grow 10 per cent this year to 212 billion euros (\$274 billion US) from 192 billion euros in 2011. That would be the third straight year of

By the numbers

10%

A new study forecasts the global luxury goods market for clothing, accessories, jewelry, cosmetics and art will grow 10 per cent this year to 212 billion euros (\$274 billion US).

double-digit growth following two years of contraction in 2008 and 2009, when many countries around the world slid into a deep recession following a banking crisis.

While the global economic crisis that began in 2008 has shown few signs of abating in pockets, particularly in Europe, the luxury sector overall has been in recovery since 2010, when high-end consumers resumed their easy spending habits.

THE ASSOCIATED PRESS

Suit charges Morgan Stanley discriminated over subprime loans

Morgan Stanley is being accused of discriminating against black homeowners and violating federal civil rights laws by providing strong incentives to a subprime lender to originate mortgages that were likely to go unrepaid.

The lawsuit, which seeks class-action status, was filed Monday by the American Civil Liberties Union and others on behalf of five Detroit residents and Michigan Legal Services. It was filed in U.S. District Court in New York.

The five homeowners in the lawsuit received their loans from subprime lender New Century Mortgage Corp., which has since collapsed.

The lawsuit claims Morgan Stanley pushed New Century to issue certain types of loans with

Quoted

"With this lawsuit, real victims of the subprime lending scandal are stepping forward to hold investment banks like Morgan Stanley accountable for the devastation the banks wrought in their lives and in our economy." ACLU Executive Director Anthony D. Romero

no concern about risk, because it made its profit at the outset when the investment bank bundled the loans into securities and sold them.

THE ASSOCIATED PRESS

Market Minute



DOLLAR
102.04¢
(-0.07¢)

↑ TSX
12,229.96 (+27.92)

↓ OIL
\$91.85 US (-1¢)

↓ GOLD
\$1,737.60 US (-\$22.10)

Natural gas: \$3.486 US (-12.5¢)
Dow Jones: 13,424.23 (+95.38)



Activists accuse Walmart's pork suppliers of mistreating pregnant pigs

Animal rights activists protest outside Walmart in Alpine Township, Mich., on Monday. Mercy For Animals, a national U.S. nonprofit, organized the protest to call attention to Walmart's pork suppliers, who they say confine pregnant pigs to small crates. CORY MORSE/THE ASSOCIATED PRESS

WHY CAN'T WE TAKE LOOKS OFF THE POLITICAL AGENDA?



**SHE
SAYS...**
Jessica Napier
metronews.ca/voices/
she-says

With an imminent election happening south of the border, October seems like the perfect month to release yet another research report on the differences between Democrats and

Republicans. Last week, I found my eyes permanently rolled into the back of my head after reading about a recent U.S. study that compared the attractiveness of female representatives from both political parties.

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

Shockingly, this "study" wasn't performed by a room full of frat boys but by actual researchers at the University of California. Using a computer modelling program, researchers measured various physical characteristics of the members of the House of Representatives to determine which party had more female politicians with "stereotypically feminine facial characteristics."

The results show that Republican women are "prettier" — and we're talking strictly on the outside here, folks — than their Democrat counterparts.

Stereotypically feminine facial features? What does that even mean? The entire concept of feminine beauty is a cultural construct, not an objective truth.

The study assumes an ideal kind of beauty determined by a completely subjective set of parameters that have been perpetuated for decades by a

media culture that favours full lips and narrow noses. The fact that Female A can be labelled as more gender-normative — and therefore more attractive — than Female B based on eye shape or forehead contouring is absurd.

This isn't science; it's sexism.

There are multiple layers of offensiveness at work here but the most troubling thing about this study is that we continue to invest so much time and effort into caring about what our female politicians look like.

We rarely (if ever) evaluate male politicians like beauty pageant candidates and yet the discourse around women in politics always turns to their physical beauty — or lack thereof. But what does the placement of cheekbones and eyebrow arches really have to do with an individual's capacity to do their job? Nothing.

No matter how much progress women make in terms of representation in politics, studies like this and the resulting media coverage encourage us to fixate on appearance — Hillary Clinton's pantsuits, Sarah Palin's hairstyle, Michelle Obama's toned arms — over policy.

And so, since the body politic has strayed so far from reasonableness, I am calling for funding to embark on my own equally ludicrous companion study comparing the penis size of male Democrats versus male Republicans. Because if we're going to focus on the physical, doesn't the public have a right to know who has the most "stereotypically masculine" body parts?

Follow Jessica Napier on Twitter @MetroSheSays



Strong-arm tactics? Michelle Obama speaks on stage during Day 1 of the U.S. Democratic National Convention on Sept. 4. ALEX WONG/GETTY IMAGES FILE

Orphan gets shoulder to lean on



PHOTOS BY DENIS FARRELL/THE ASSOCIATED PRESS

Pretty state of affairs

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

Foundling rescue

Abandoned baby elephant finds welcoming home

A seven-and-a-half-month-old orphaned elephant named Moses cuddles with his adoptive "mother" and foundation owner Jenny Webb, at sunrise at their home in Lilongwe, Malawi. Moses was found alone and close to death in the Vwaza Wildlife Reserve. He has been adopted by the Jumbo Foundation, where he is cared for and is being raised by humans.

THE ASSOCIATED PRESS

Dogs and elephant show



Orphaned elephant calf Moses takes his daily walk with pet dogs Barney, left, and Bagheera, and adoptive 'mom' Webb, at their Malawi home on Oct. 8.

Trunk feeder

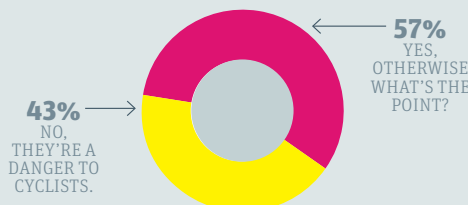
2

Number of feedings Moses receives every hour. Below, the orphaned calf takes one of his two-hourly formula bottles.



Register at metropolitanpanel.ca and take the quick poll

Should e-bikes be allowed in bike lanes?



Twitter

@ReginaChamber: "Every election is determined by the people who show up." Larry J. Sabato, Pendulum Swing Pls vote on Oct 24 #yqrvotes #yqr

@karlschubach: This whole #ChadISMayor thing that @brendanthibault @jonwolfond & I started last night seems to really be taking off. Keep 'em coming #YQR!

@KellyNeedsLove:

New week. New hair cut. New clothes. Get at me #yqr girls!

@dubsak: Hey gang, if you're going to participate in the #ChadISMayor hashtag, can you at least make it funny?

@loveCarlyGordon: My politics teacher just compared talking about the #Riders to having a stupid, irrational political conversation #dontlikethisclassanymore

Out of the Black puts a big light on Boys Noize

New album. Huge names jumping on board with Alexander Ridha as he continues his journey through the indie-music underworld

Alexander Ridha has made a name for himself. Performing under the name Boys Noize, he's been able to perform with the biggest names like Tiesto and Skrillex and collaborate with Snoop Dogg and Jarvis Cocker — all without major label representation. We caught up with Ridha at Electric Zoo in New York City to talk about his newest album *Out of the Black* and find out what influences him and keeps him going.

Out of the Black is coming out throughout October. What inspired you on this album?

One of the big parts of this album was really getting back since it's my third album. I was trying to get this feeling back when I first started producing.

Most of the time when you don't know what you are doing that's when the magic happens.

I was really clearing my head and forgetting about everything that is going on right now and what is hot right now. It's a very personal album. I would say it's a mix of my first and second albums.

You have a lot of disco and hip hop influences. Is that what you grew up listening to?



Boys Noize has been getting big name collaborations without big label help. DOUGLAS VAN SANT FOR ELECTRICZOOFESTIVAL.COM

I have a 10 years older brother, and at the end of the 80s he was buying all those early house records so I was always into that, into real house music and rap at the same time, Run DMC and Public Enemy and stuff.

When I started to buy records I was buying both, like hip hop and house. The way I always mixed house music as a DJ was also more in a hip hop way. I was cutting music and loops.

Who would we be surprised that we listened to? The Bee Gees?

I don't have anything against the Bee Gees and Donna Summer, but that was more my mother's side. She was all in that disco stuff like chic.

What kind of hip hop did you listen to?

The old school stuff was kind of like Pharcyde or Wu Tang. When it came out, I was able

to rap the whole ODB album, the first one.

Even though I didn't understand anything because I was German. I was rapping along! I stopped buying hip-hop records towards the beginning of 2000 because it got too much like jiggy, and it was only about like rims and stuff. But I was still a big fan of any Neptunes or Timbaland production, and of course Dre. And of course Snoop.

Speaking of Snoop Dogg — or Snoop Lion, I guess...

Not on my album. On my album he's Snoop Dogg! (Laughs)

What was it like working with him on Got It?

It was amazing. It was like a dream come true. I was always saying to myself, 'If I would be able to make a track for him, I could stop making music.' I grew up with his sound. It was cool. You know he wants to vibe

first so we hung out a little bit. In the beginning of this year we had the chance to record music together, hang out in his apartment and stuff. It was really nice and he's such a great guy.

What else can we look forward to from you besides your new album?

I'm going on my first live tour. I'm going to do a crazy production as well. It's going to be something I'm really, really excited about.

I (started) the tour Oct. 6, and I'll be in the U.S. I think from Nov. 23. It's going to be crazy I told you.

I just wanted to make something new. I've been lucky to play all festivals with my CDs, and it definitely had a live element as well because I do a lot of improvisation or remix live on the go.

METRO WORLD NEWS

DVD reviews



Moonrise Kingdom

Director. Wes Anderson

Stars. Jared Gilman, Kara Hayward, Bruce Willis

This beautifully rendered enchantment by Wes Anderson and co-writer Roman Coppola reveals them to be two artists who are very much in touch with their inner rebel kid. *Moonrise Kingdom* transports us to the sleepy summer of 1965 and a New England island called New Penzance, where two 12-year-olds are on the run. Errant boy scout Sam (Jared Gilman) and curious girl Suzy (Kara Hayward), pen pals turned delinquents in the service of love, are fleeing Sam's bullying troop and Suzy's distracted parents. The two can't escape everything: a hurricane is fast approaching. As Sam and Suzy go native and explore their love — mild petting is shown but sex isn't — the adults, including characters played by Bill Murray, Frances McDormand and Tilda Swinton, run wild trying to round them up.

PETER HOWELL

Neil Young Journeys

Director. Jonathan Demme

Stars. Neil Young

Neil Young *Journeys* isn't the best of the three documentary collaborations between the enduring Canuck rocker and director Jonathan Demme. (That would be Demme's *Heart of Gold* from 2006.) But it is probably the most revealing. Over the years, Young and Demme have established an easy rapport, with the rocker letting down the metaphorical drawbridge to the fortress of his mind. The new film explores Young's musical memory tour of Ontario, which ended in May 2011 when he played two nights at Toronto's Massey Hall. The starting point of the journey, though, is a much smaller town: Omemee, his youthful hometown. Between tunes, Demme weaves scenes of Young's Ontario road trip. The result is no ordinary concert film, but an intimate look at a legend of rock.

PETER HOWELL



Sean Paul with his new mohawk. GETTY IMAGES

PAT HEALY
Metro World News

On Sean Paul's brand-new single, Kelly Rowland asks him, *How Deep Is Your Love?* The song is pure Mr. Loverman dance hall, as Rowland provides the pretty chorus hook and Sean Paul answers that his love is "deeper than the ocean" amongst the decipherable words in his bubbling patois. Though it seems as he could be flirting with any female, he could also be giving thanks to every female.

"I think I make good songs

with ladies," says the Jamaican singer, displaying what is either an acute self-awareness or an understated view of his history of duets.

Over the years he has paired his voice with the likes of Rihanna, Nina Sky, Alexis Jordan, Keyshia Cole and Beyoncé.

"With me wanting to do any other collaborations with ladies, I think Kelly Rowland was just like the cherry on top," he says.

This latest pairing also means that he's sang with two-thirds of the formative lineup of Destiny's Child.

"Yeah, Michelle," he says, contemplating the final puzzle

Mohawk Tomahawk

Sean Paul's new album *Tomahawk Technique* is the first to showcase his new hairdo, a change from the tight braids that were his trademark.

• **Quote.** "I'm gonna be like 80 and rocking a mohawk. People will be like, 'Look at that mad old dude!'"

piece, Michelle Williams, "I guess in the future I'll do a gospel tour with her."



Brad Pitt ALL PHOTOS GETTY IMAGES

Pitt the pusher? Brad says he could nab you the bad stuff

If you're looking to get high, Brad Pitt can hook you up.

"It's certainly true that I could probably land in any city, in any state, and get you whatever you wanted. I could find anything you're looking for, give me 24 hours or so," Pitt said, criticizing the U.S. war on drugs while introducing a screening of the House I Live In, a documentary about drugs in America, according to Us Weekly. "And yet we

A fast fix?

"I could find anything you're looking for, give me 24 hours or so."

Brad Pitt

still support this, I have to say, this charade called the drug war." That being said, though, Pitt says he doesn't currently imbibe himself. "My drug days are long since past," he admits.



Kristen Stewart

Social media and the spotlight scaring Stewart

Becoming famous has made Kristen Stewart become afraid for her life, she admits in a new e-book called Robert Pattinson, Kristen Stewart, Taylor Lautner — In Their Own Words compiled by Talia Soghomonian. "Nowadays it's harder because everyone is on Facebook and

everyone knows where you are all the time, and everyone's twittering," Stewart says. "Like I'm going to die because somebody is going to say where I am and somebody is going to kill me. Someone's going to twitter my location and then it's going to be like, boom."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Kourtney, keep an eye on your guy



THE WORD
Dorothy Robinson
scene@metronews.ca

Non-newsflash: Scott Disick is apparently a terrible person, according to a new story by The Daily's Flash.

The site reports that during a boys' night out at the Vista Lounge in the Mohegan Sun Casino, Kourtney Kardashian's baby daddy was spotted canoodling with a "hot blonde" and acted "incredibly mean" to his waitress.

"His arm slung cozily around a hot blonde with her hair in a topknot,

Disick seemed to be loving the bachelor lifestyle," The Daily's Flash reported about his questionable actions.

"Scott was so incredibly mean," his bottle waitress was overheard saying. "He literally ripped the bottle out of my hands when I came to the table, and later, he and his friends were just dumping drinks on me. I'm glad to be done with their table for sure."

Another eyewitness told the site, "It seemed so obvious his relationship with Kourtney is for show."

If I were Disick, I'd watch out. If he blows the carefully-crafted illusion that he and Kardashian are still a couple by being seen by snoops at the Mohegan Sun Casino, I'm pretty sure he'll one day soon wake up next to a horse head, courtesy of Kris Jenner.



Susan Sarandon

Sarandon didn't get her start the sleazy way

Susan Sarandon is a well-respected, Oscar-winning actress, but she didn't always have it so good. In fact, Sarandon admits that early in her career she was even exploited in a 'casting couch' experience. "It was not successful — for either of us. I just went into a room, and a guy practically

threw me on the desk," Sarandon tells Elle magazine. "It was my early days in New York, and it was really disgusting. It wasn't like I gave it a second thought, it was so badly done." The actress declined to offer specifics on the role for which she was auditioning at the time.



Lindsay Lohan

Can't keep a Lohan down: Lindsay's life back to normal?

Lindsay Lohan is back in Los Angeles and "at ease" after a tumultuous trip to New York that culminated with police intervening in an argument between the actress and her mother, according to People magazine. She even hit up an old haunt, the Chateau Marmont,

despite being on the outs with management earlier this year. "Lindsay was very talkative and led much of the conversation," the source says. "The group shared hot tea and late night salads. Lindsay definitely seemed at ease and in high spirits as they enjoyed a low-key night."

Twitter



@chriscolfer

Guess I can't send 300 friends links to weight loss pills without it looking suspicious anymore. Maybe I wasn't hacked, maybe I just care.



@JulietteLewis

Do u realize Jack White, Neil Young, Bob Dylan are all playin Tulsa while Im there next 2 months working on a movie?? #TheUniverseProvides



@BetteMidler

Back to the guitar. Slow going and rough sledding. Am starting to sound like an elderly pioneer crossing the plains. Next, a bonnet.



@rickygervais

The autocarrot on my nubile prone is defamatory flocked.

Why you get adult acne

Skin care Are zits ruining your life? Experts tell us why we're never too old for a breakout.

ROMINA
MCGUINNNESS
life@metronews.ca

Did you just call in sick after noticing a big fat spot on your cheek? Bail on your super hot date?

"Acne equals ugly. It's a social stigma," Dr. Kathy Fields, founder of Proactiv skin care tells Metro.

But why?

"There's nothing more hurtful to the ego than being an adult with issues of a teenager," says Dr. Paul Jarrod Frank, cosmetic dermatologist. "It affects their ability to be successful at work and to have physical and emotional relationships. If their skin doesn't look good, they'll cancel social plans."

"Teens get acne on their nose, cheeks and forehead during puberty. In adults, it tends to appear along the hairline, chin and neck, and is caused by hormonal changes and stress," explains skin scientist Dr. Ava Shamban.

How it forms

Fields explains how the process is the same whether you're a teenager or an adult, male or female.

"All acne is hormonal but the process of a plug in the pore, the overgrowth of bacteria and the resulting inflammation (mild or severe) is genetic," Fields said.

Why it forms

Most likely: your hormones have gone haywire

Whether it's stress, diet, PMS or pregnancy, hormonal imbalance is the main



The 25-year-old 90210 actress AnnaLynne McCord recently embraced her blemishes by posting a picture of herself on Twitter with no make-up. GETTY IMAGES

reason why an adult gets acne.

"The first thing I want to know if a patient has acne is, what's going on with their hormones?" cosmetic dermatologist Dr. Elizabeth Tanzi tells Metro.

"Acne forms when an excess of male hormones called androgens (which occur in both men and women) stimulates the sebaceous glands to produce

extra oils," explains Shamban.

The sticky oil creates a plug under which bacteria begins to grow. The body's response with inflammation is the spot that shows up on the surface of the skin about two weeks later.

Very likely: you're stressed out

"Stress can trigger heightened levels of andro-

The stat

"30 to 50 per cent of adult women have acne."

Dr. Kathy Fields, founder of Proactiv
Speaking about the issues that adult women have.

gens, triggering breakouts. Cortisol (the stress hormone) and other adrenal steroids can stimulate the sebaceous glands, resulting in acne flare-ups," warns Shamban. "Cortisol is going to pump any time you are experiencing a stressful moment, whether that's a text from your crazy ex or getting promoted."

Less likely: it's your unhealthy lifestyle

Adults are desperate to find out why they have acne. Is it their diet, exercise, stress?

"Lifestyle is never really the cause, but it doesn't help," explains Frank.

"When we stress, we crave junk food and carbohydrates — another response to the rise in cortisol — which can trigger acne," says Shamban.

But according to Fields, the newest acne culprit may be (genetically modified) wheat.

"One theory is that the protein in wheat-gluten is very toxic to the gut. This could be causing extra inflammation in the body, which then translates into anything from headaches to acne."

Even less likely: mechanical rubbing

Acne mechanica is when inflammation from chronic rubbing leads to acne.

"We touch our face up to 12 times an hour. Resting your chin on your hand at work, pressing your cellphone on your chin, or wearing tight

clothing could be the cause," says Shamban.

Now fix it

Adult acne is treated differently to teen acne.

"Adults are breaking out but their skin isn't that oily. Classic treatments prescribed to teens irritate adult skin," says Tanzi.

You need to be more aggressive, adds Frank.

"Make a teenagers skin 50 per cent better and it's a success. Make an adult's skin 50 per cent better and they're still miserable."

Medicate

"You can't change your hormones if you're a man but for women, we can consider birth control pills to suppress sebum-triggering androgen production in the ovaries or anti-androgens to reduce sebum production," says Fields.

Make the right lifestyle choices

"When my patients go strict with no carbs and no dairy (they don't cheat and go gluten-free) and stick to fruit, vegetables and protein, their skin improves," says Fields.

According to Shamban, a diet high in vitamin A and beta-carotene helps.

"Sweet potatoes, apricots, kale or spinach increase your resistance to bacteria. Exercising also helps as it breaks the inflammation cycle in the body."

Clean, exfoliate and hydrate your skin

"Choose an AHA-based cleanser to clear dead skin and act as anti-inflammatory. Hydrate with a non-comedogenic moisturizer because if skin becomes dry, it will produce more oil and heighten breakouts," says Shamban.

Looking for answers one cell at a time

Health technology.

Tiny probes now capable of identifying serious illness on a microscopic level

BEN
KNIGHT
life@metronews.ca

Cancer is an enormous problem — one that begins at the microscopic level. If one cell in a hundred-trillion becomes cancerous, that could herald

the onset of a catastrophic illness.

Pretty much anything is treatable at that level, but traditional diagnostic medicine simply can't get there that fast.

But a stunning new technology has created tiny probes, actually capable of finding and identifying illness — one cell at a time.

"These probes allow you to look at the cells inside the G.I. tract — the colon, stomach, esophagus, the bile ducts and pancreatic ducts," says Dr. Michel Kahaleh, professor of clinical medicine at Weill

Cornell Medical College.

"You finally get the one-stop shop. You come, you get a diagnosis, and you're treated the same day. A patient will be more relieved to know that they don't have cancer — or that it can be treated faster if they do."

The probes use an innovative technology called confocal laser endomicroscopy.

While not actually microscopic themselves, they can be threaded through tiny bodily structures, and have the imaging power to isolate — and explore — single human cells.



New technology is allowing for same-day diagnosis. ISTOCK PHOTOS

The comfort of chicken noodle with an Asian twist



ROSE REISMAN
for more, visit
rosereisman.com

Udon are long, round noodles with a wonderfully dense texture.

This soup is an all-time favourite — it's not only delicious, but also quick to make.

Ingredients

- 4 oz skinless boneless chicken breast (about 1 breast), diced
- 2 tsp each minced fresh ginger and garlic
- 6 cups chicken or beef stock
- 2 tbsp low-sodium soy sauce
- 6 oz fresh udon noodles
- 2 cups sliced bok choy
- 1/2 cup sliced snow peas
- 6 oz raw shrimp, peeled, deveined and chopped (about 3/4 lb unpeeled)
- 1 cup bean sprouts
- 2 green onions, chopped
- 2 tsp sesame oil
- 3 tbsp chopped parsley



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

To keep the bean sprouts fresh longer, store them in water in the refrigerator.

1. Spray a non-stick wok or large non-stick saucepan with cooking oil. Add the chicken and cook over medium-high heat for 4 minutes, or until the meat is barely cooked through. Add the ginger and garlic and

cook for 1 minute. Set aside.

2. Bring the stock and soy sauce to a boil in a large saucepan. Add the noodles and return to a boil. Reduce the heat to medium-high and cook for 4 minutes, or until the noodles are tender. Add the bok choy, snow peas and shrimp. Cook for 2 minutes, or until the

shrimp are pink and the snow peas are tender-crisp.

3. Add the chicken, bean sprouts and green onions. Cook just until heated through. Ladle into individual bowls and garnish each serving with a drizzle of sesame oil and a sprinkle of parsley. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Health Solutions

The Seedy Truth



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Magnesium is a mineral that your body needs to regulate muscles, heart rate and help build bones.

It is a crucial nutrient that often gets overlooked but you need, on average, 400 mg each day.

It is found in oat bran, buckwheat and artichokes (you eat loads of those foods, right?).

Maybe this is why most North Americans are believed to be magnesium deficient.

Your best bet for boosting intake is to go to seed.

Sprinkling these high magnesium nuggets on every salad, pasta, stew or soup

will get you much closer to your optimal intake.

Check out these super seeds (approximate mg of magnesium per shot glass):

- Sunflower seeds: 91 mg
- Sesame seeds: 97 mg
- Flax seeds: 110 mg
- Chia seeds: 118 mg
- Pumpkin seeds (green): 150 mg

This brings a whole new meaning to the word "seedy."

Protecting each and every cell in your body is better served when you behave like a bird.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Pretzel Cheddar Soup. Rich, creamy and salty



1. In a large deep pot, cook bacon over medium heat until crispy and browned, eight minutes. Using slotted spoon, transfer bacon to a paper towel, leaving the drippings in the pot.

2. Add onion, leek, carrots and celery to pot. Increase heat to medium-high and sauté vegetables until browned, 10 minutes. Add flour and stir to coat vegetables. Stir in Worcestershire sauce, Dijon mustard, ale and cayenne. Stir continuously while returning to a simmer.

3. Add chicken broth and milk and mix well. Return to simmer, then cover and lower heat to medium. Cook until vegetables are tender, 15 minutes.

4. Working in batches, transfer mix to blender and purée until smooth. Return soup to pot over low heat, then stir in cheese, a little at a time. Do not

allow soup to boil. Season with salt and black pepper. Ladle into bowls. Serve topped with broken pretzels.

THE ASSOCIATED PRESS

Ingredients

- 4 oz bacon, diced
- 1 yellow onion, diced
- 1 medium leek, white part only, diced
- 2 medium carrots, diced
- 2 stalks celery, diced
- 3 tbsp all-purpose flour
- 1 tbsp Worcestershire sauce
- 1 tbsp Dijon mustard
- 12-oz bottle ale
- Pinch of cayenne
- 1 cup low-sodium chicken broth
- 1 cup milk
- 1 lb very sharp cheddar, grated
- Salt and ground black pepper
- 1 cup broken pretzels

Cream of Broccoli gets added kick of sharp cheddar and bacon

1. Heat the oven to 450 F.

2. In saucepan over medium, heat 1 tablespoon of oil. Add bacon and cook, stirring, 8 mins., or until slightly golden. Use slotted spoon to transfer bacon to a bowl and set aside.

3. Reduce heat to medium-low. Add another tablespoon of oil and onion to pan, and cook, stirring occasionally, until onion softens. Add coarsely chopped broccoli (not florets), potato and chicken broth. Bring broth to boil, reduce heat and simmer, partially covered, for 20 mins., stirring every so often, or until broccoli and potatoes very tender.

4. Meanwhile, on rimmed baking sheet toss florets with remaining 2 teaspoons oil. Season with salt and pepper, then spread in an even layer. Roast in top third of oven 5 mins., or until lightly caramelized.

5. When vegetables in soup are tender, transfer soup to blender and purée, in batches, until smooth. Be careful and only fill blender a third full each time.

6. Return soup to saucepan, along with roasted broccoli florets

and bacon. Add the lemon juice, then season with salt and pepper. Add water, if necessary, to achieve the desired texture. Ladle the soup into 4 shallow soup bowls and top each portion with some of the cheddar.

THE ASSOCIATED PRESS/SARA MOULTON OF SARA'S WEEKNIGHT MEALS AND AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY

Ingredients

- 2 tbsps plus 2 tsp extra-virgin olive oil, divided
- 3/4 lb Canadian bacon, chopped
- 1 medium yellow onion, sliced (about 1 cup)
- 2 lbs fresh broccoli (4 cups small florets set aside, the rest, including the stalks, trimmed of tough skin and coarsely chopped)
- 1 small Yukon gold potato (about 6 oz), scrubbed and thinly sliced
- 5 cups low-sodium chicken broth
- Kosher salt and ground black pepper
- 1 tbsp fresh lemon juice, or to taste
- 2 oz sharp cheddar cheese, coarsely grated



This recipe makes eight starter portions or four mains. MATTHEW MEAD/
THE ASSOCIATED PRESS

The boom in boomer business

Alison on Money.
Canadian boomers giving 'retirement' a whole new meaning



YOUR MONEY
Alison Griffiths
money@metronews.ca

It's the classic Canadian retirement scenario: Travel, time with the grandkids, golf and gardening. Sound good?

Not according to a whole bunch of about to "retire" Canadians. A recent survey conducted for TD Canada Trust found an astonishing 54 per cent of boomers nearing retirement had either started a small business (15 per cent) or were contemplating it (39 per cent.)

After operating my own small business (writing) for more than 30 years, the idea of becoming an entrepreneur near retirement seems, well, kind of tiring.

I assumed the rush to be a late life startup relates to wor-

In numbers

- 9.6 million Canadians are boomers.
- 29 per cent of Canadians are boomers.

ries about retirement income. Unfortunately, that question wasn't directly asked. However, 53 percent did want more money and 32 per cent said that opening a business was part of a retirement strategy.

But for the majority, the motivation doesn't seem to be about money. Fifty-eight percent just want to be their own boss.

Warning! When you operate a business you don't just have one boss; often you have many and it can be hard to serve numerous masters well.

I can understand starting a business that capitalizes on existing skills and contacts to supplement retirement income. This is a natural progression with no steep learning curve.

I guessed that many of

those surveyed would follow this path.

Wrong again. Sixty-seven percent intend to venture into something that has nothing to do with their day job. This is where I worry. It's a special person who can start and run a small business after a lifetime of being an employee.

Forty-two percent of the budding entrepreneurs admit that financing is going to be the big challenge. As a public service I will save them some trouble. They won't get any. A line of credit is likely to be their best and only friend.

On the plus side, boomers have tons of experience — most have weathered difficulties and disappointments. They're also more likely to know how to ask for help and admit mistakes than the younger set. Learning to park your pride takes time.

Another plus. You can't golf or garden in the snow. But weather is no barrier to messing about with a grand idea.

Contact Alison at griffiths.alison@gmail.com or www.alisongriffiths.ca



Gifts

It's not too early to start holiday shopping



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

On Thanksgiving Monday, my family pulled names from a Santa hat for our Secret Santa gift exchange that will take place over the Christmas holidays. Though it may seem a bit early, with limits of \$150 per gift, and only one gift per person, we're ready to start shopping.

According to a poll conducted by Retailmenot.com in October, approximately 40 percent of consumers start holiday shopping at the beginning of November.

But, 70 percent of respondents still have a dismal view of the economy and nearly 25 percent are concerned about being able to afford their holiday purchases over the next few months.

Start your holiday shopping early this year and save a bundle. Having more time to shop is beneficial because you'll be less likely to cave-in to last minute impulse pur-



Many consumers are starting their holiday shopping by the beginning of November. ISTOCK IMAGES

chases. You'll have more time to get organized, source out deals, and find coupons.

The IPSOS poll conducted in November of 2011 revealed that Canadians spend approximately \$650 on holiday shopping. If you're like most Canadians and get paid twice a month, you have approximately five pay cheques to go before the holidays are here.

If you spread out your purchases equally between each pay period, which will allow you to ease up on your cash flow, you'll spend approximately \$130 per cheque (\$650 divided by five pay cheques).

If your pay cheques are 100 per cent maxed out, generate some extra cash by working overtime or doing freelance work like writing or cleaning up yards.

Cut out parking expenses

and take the bus or Car2Go instead. Forgo eating out and make meals at home. Sell underutilized goods from your house on Kijiji; ensure you post a good picture, description and price it right. Raise your insurance deductible, which can save hundreds each month.

If you're heading down to the U.S. for work or pleasure, pick up your gifts while you're away. With higher duty-free limits, a strong Canadian dollar, greater selection and deep discounts (related to a struggling U.S. economy), you can save big dollars on gifts.

While you're loading up on bulk toilet paper at Costco, look for discounted gift ideas.

Each year I purchase an on-sale box of 12 bottles of quality wine, from a local bulk distributor, which I keep on hand for gifts and dinner parties. I also try to buy more expensive gifts at bulk distributors because their buying power is strong and translates into savings for me.

Rather than stretching your budget to purchase little gifts for everyone in the family, try a Secret Santa where you draw names and only buy one gift. Alternatively, talk to your family about having a 'lean' holiday season where you exchange small items, baking, or simply spend time together rather than spending money.

Emergencies only

Is it really rude to bring one's own food to a dinner party?

Dear Charles The Butler. Is it considered rude to bring one's own food to a dinner party even when it's not a pot-luck affair?

The reason I ask is because I have a gluten intolerance and a few serious food allergies, so things can go wrong if I eat anything I'm not supposed to. I don't expect people to cater to my dietary needs or change their menu plans for me at all but I'd like to be able to still go to a dinner party and not end up in the hospital. How would you approach the host of the party in advance about this? I don't want to insult or offend anyone. What are your thoughts? Thanking you in advance, yours faithfully, Better Safe Than Sorry.



CHARLES THE BUTLER
askcharlethebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Better Safe Than Sorry, I truly believe that on the condition you are seriously allergic or have serious health issues, discussing this with the hostess ahead of time and bringing something simple that follows the host's meal is fine. My only fear in answering this question is that I don't want people to interpret that they can bring their own food for a multitude of reasons. This should only be done in extreme cases like yours. Usually it would be quite unacceptable.



Think before you bring food. ISTOCK

Excerpt from new book. Former educator turned funnyman relives his days in front of the blackboard

As young bright-eyed students we think of our teachers as all-knowing magicians who don't exist outside the realm of our classroom walls. But as we age we come to realize that our educators, much like celebrities, are just like us. In his soon-to-be-released book, comedy all-star and former teacher Gerry Dee relives the proud, the painful and the totally hilarious moments of life in front of the chalkboard. Check out this excerpt from Teaching: It's Harder Than It Looks, where Dee recounts the repercussions of a rough night out

"I made the big mistake of assigning a presentation on a day when I was hungover. Bad idea. The kids clap after every presentation. When you're hungover, that sound feels like someone's mowing your brain.

Presentation Day is the biggest day in the life of a Grade 5 student. They get so excited about their presentations, especially the girls. As soon as I said the word "presentation," the girls weren't listening anymore.

They were just waiting for the word "partners." And when I said the word "partners," they signalled across the class to their best girlfriends. The result was always the same. Some girl signalled to her friend, and then had to announce it out loud: "Yes! We're partners. We're going to do our presentation together because we're partners."

"But can't I be your partner?" another girl would say. "Sorry, Julie. I already signalled to Jennifer." Then the girl who was left out would ask, "Sir, can we have groups of three?" "Sure, go ahead. You can have groups of eight, for all I care." I wasn't planning on listening to the presentations, so what did it matter?

"Yay!" More clapping. Shoot me. I hated partners because there was always some kid who'd never get picked. So I had to partner with him, which I was not in the mood to do. He might smell the booze on me and I would have had to do all the work. That's when I'd throw him with two girls I didn't like just to piss them off. "Julie and Samantha, Robert is going to join you two for your presentation on the giraffe." Ruined their life.

As I'd listen to these presentations on the giraffe or the platypus or the hamster, it always amazed me, first, how bad

they were and, second, that the kids actually thought I was listening. They were so unorganized and boring. They would ask to start over every two minutes. They would argue about who was supposed to say what.

I would close my eyes and try to focus on getting rid of my headache. I'd already decided from the beginning that everybody was getting seven out of 10. Because there was no way I was actually going to listen to the presentations and mark them. I was hungover. I could barely breathe. But these kids never got it, and they'd put their hearts and souls into their presentations.

Before the group of girls presented, they'd always have a huddle conference, and I could hear them saying, "This is the biggest presentation of the year. It might be the biggest presentation of our lives. We need to do this right. We need to get extra marks. Right. Go team!"

They always had to get extra marks. They'd do anything to get extra marks. They'd bring in a giraffe if that meant they'd get extra marks. "Suzie, it's time. Bring in the giraffe. Class, this is our giraffe. We brought him from Africa especially for our presentation. Giraffe, stop! Stay still!" "That's great, girls. You brought in a live giraffe.



Excellent idea. That is worth a bonus mark."

What I wanted to say was, "Are you kidding me? You went to Africa for a Grade 5 presentation that I am not even listening to? Get the giraffe out of here!" Inevitably, the girls' groups would break down halfway through the presentation and they'd all start to argue.

"Today we are going to talk about the giraffe. The giraffe is an animal that—"

"Hey, I was supposed to say that!" "No, you weren't." "Yes, I was. That's what we agreed!" "Sir, can we start from the beginning?" "No. No way. That was great. Seven out of ten. Sit down." Next up, John is doing the platypus." ELIZABETH BEDDALL

CFL

Argonauts give Williams his walking papers

T.J. Williams paid a hefty price for missing a tackle.

The Toronto Argonauts released the rookie defensive back Monday after Williams missed a tackle on Montreal receiver Jamel Richardson in the Alouettes' 24-12 victory at Rogers Centre on Sunday.

Richardson scored on a 75-yard touchdown pass from Anthony Calvillo late in the third quarter. Williams had a shot at Richardson at about the Toronto 10-yard line and instead of making the tackle appeared to try to knock Richardson out of bounds.

But he ended up barely touching the Montreal receiver, who scored easily.

The six-foot-three, 183-pound Williams appeared in seven games — five as a starter — and had 11 tackles and two interceptions.

THE CANADIAN PRESS

Hockey

Modano at head of U.S. hockey hall of fame class

Mike Modano made his mark long before he and the Minnesota North Stars relocated to Dallas and brought hockey to the Sun Belt.

Once he got there in 1993, he didn't miss a beat.

Modano, the highest-scoring U.S.-born player in NHL history, joined longtime New Jersey Devils president and general manager Lou Lamoriello, and player-turned-broadcaster Ed Olczyk, as the newest inductees to the U.S. Hockey Hall of Fame on Monday night.

Modano lived up to his billing after being chosen with the first pick of the 1988 NHL draft.

By the time he retired in 2011, the Livonia, Mich., native was the Stars' leader in games played (1,459), goals (557), assists (802) and points (1,359). He also holds franchise records with 145 playoff points in a club-high 174 games.

THE ASSOCIATED PRESS



Mike Modano at the U.S. Hockey Hall of Fame induction Monday in Dallas. THE ASSOCIATED PRESS



Roughriders wide receiver Taj Smith makes a catch in Toronto on Oct. 8. Saskatchewan's playoff fate is still very much up in the air. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE FILE



The red-hot Lions can clinch the West's top spot with a win over Edmonton on Friday. DARRYL DYCK/THE CANADIAN PRESS FILE



The Argos should be able to make the playoffs, but the health of QB Ricky Ray will determine whether they do any damage once they get there. CHRIS YOUNG/THE CANADIAN PRESS FILE



The Alouettes can clinch first place in the East Division with a win in Regina on Saturday. NATHAN DENETTE/THE CANADIAN PRESS FILE

Playoff puzzle still falling into place

CFL. Plenty of post-season scenarios remain with three weeks to go in 2012 campaign

The CFL's muddled playoff picture could clear up significantly this weekend.

The B.C. Lions and Montreal Alouettes can cement top spot in the West and East Divisions, respectively, with outright victories. That would give both teams opening playoff byes and the right to host their conference finals Nov. 18.

The conference champions will meet in the historic 100th Grey Cup on Nov. 25 at Rogers Centre in Toronto.

The Toronto Argonauts and Calgary Stampeders could also both nail down second spot in their respective divisions, with a little help. That would essentially leave third in the East and West Division still up for grabs heading into the final two weeks of the 2012 campaign.

B.C. heads into its home game Friday against Edmonton with a CFL-best 11-4 record, and the defending Grey Cup champion can cement first in the

West for the second straight year with a win over the Eskimos.

But the Eskimos (7-8) have plenty to play for. They're fourth in the tight West Division but just two points behind third-place Saskatchewan (8-7) and four points in back of second-place Calgary (9-6).

An Edmonton victory would also solidify its crossover bid. In the CFL, if the fourth-place team in one division has a better record than the third-place

finisher in the other conference, the fourth-place squad crosses over and assumes the third playoff seed in the rival division.

Montreal (9-6) visits Saskatchewan on Saturday and would solidify first in the East Division with a victory. The Alouettes lead second-place Toronto (7-9) by four points and have cemented the season series.

The Argos host Winnipeg on Friday night. A Bombers' vic-

tory would give Montreal top spot in the East for the fourth time in five seasons under head coach Marc Trestman and ninth time in 13 years overall.

Trestman has guided Montreal to three Grey Cup appearances, winning consecutive titles in 2009 and 2010.

A Toronto win Saturday, combined with Calgary beating Hamilton, would give the Argos second in the East and home-field advantage for the division semifinal Nov. 11.

Calgary would need to beat Hamilton and have Montreal down Saskatchewan to secure second in the West Division.

Hamilton is currently third in the East but only sports a 5-10 record and trails the Eskimos by four points, with both teams having three regular season games remaining.

The combination of a Hamilton win over Calgary and Montreal win over Saskatchewan would give B.C. first in the West even if it lost to Edmonton.

That scenario would also keep the Ticats' precarious playoff hopes alive heading into their final two regular-season games against Winnipeg and arch-rival Toronto.

THE CANADIAN PRESS

Crowded West

Saskatchewan certainly can't afford to finish tied with either Calgary or Edmonton, having lost the season series with both squads.

- However, should the Riders end up tied for first with B.C. and Calgary they'd get top spot in the West based on having the better winning percentage in games between the three clubs.

- In a three-way tie, the Riders would have a 3-1 head-to-head record against B.C.

but just 1-2 against Calgary, leaving them 4-3 overall.

- B.C., with a 2-1 record against Calgary, would finish 3-4 while the Stampeders would end up 3-3 (2-1 versus Saskatchewan but 1-2 versus the Lions).
- The three-way tie-breaker, though, would only be used to determine first place. Second would go to B.C. because of a superior head-to-head record against Calgary.

4 SPORTS

No regrets from Sinclair after FIFA hands down four-game ban

Soccer. Canadian Olympic women's team captain was disciplined for behaviour toward official after loss to U.S.

It wasn't Christine Sinclair's scathing comments to the media that landed her in hot water, but her actions toward an official.

Canada's women's soccer captain received a four-game suspension from FIFA last Fri-

day for "displaying unsporting behaviour towards match officials after the match."

The 29-year-old from Burnaby, B.C., said she accepts FIFA's ruling, but has no regrets for her actions following Canada's heartbreaking 4-3 semifinal loss to the United States at the London Olympics.

"I don't regret what I said," Sinclair said on a conference call Monday. "We had just lost the chance at playing for an Olympic gold medal and that's a dream that all of us have, and it was a very intense time and

Quoted

"No, I don't ultimately believe that (Christiana Pedersen) went into the match hoping the U.S. would win."

Christine Sinclair when asked Monday if she truly believed the semifinal match against the U.S. was fixed by referee Christiana Pedersen

I was emotional and I wouldn't want to change that."

Sinclair was also fined 3,000 Swiss francs (\$3,152), plus 500 Swiss francs (\$525) as a processing fee. The Canadian Soccer Association will pick up the tab.

The CSA has requested the reasons for judgment from FIFA and expects to receive those in about 10 days.

Sinclair recorded all three goals for Canada in the Olympic semifinal at Old Trafford. Canada had the lead until the

Americans pulled even late in the second half before adding the winner in extra time.

Sinclair and several teammates lashed out publicly at referee Christiana Pedersen after feeling robbed in a loss they believed was decided by officials.

"We feel like we didn't lose, we feel like it was taken from us," Sinclair said after the final whistle. "It's a shame in a game like that that was so important, the ref decided the result before it started."

THE CANADIAN PRESS



Canadian forward Christine Sinclair
GETTY IMAGES FILE

Cubans, Canada

FIFA head responds to defections

FIFA president Sepp Blatter plans to speak with Cuban officials after three national team players defected in Canada ahead of a World Cup qualifier last week.

The players disappeared nine months after two players with the Cuba women's team fled to the United States following a match against Canada in Vancouver.

Blatter said Monday that the defections had become "a presidential question" for FIFA and not just an issue for the competitions department.

"This we cannot let just stand there — it will not work," he told reporters at

a briefing.

Blatter will study FIFA's reports into the latest incident in Toronto last Thursday before acting.

The FIFA president said he will personally contact "the sports authorities in Cuba, but giving them a copy to give to their political authorities."

Cuba had just 11 players available to face Canada on Friday and lost 3-0.

THE ASSOCIATED PRESS



FIFA President Sepp Blatter
GETTY IMAGES FILE



Canadians prepare for 'hell' of a match in Honduras

Canada's men's national soccer team gather for practice in San Pedro Sula, Honduras, on Monday. Canada faces Honduras in a key World Cup qualifying match on Tuesday. Canadian midfielder Julian de Guzman knows what to expect when he emerges onto the pitch at the Estadio Olímpico Metropolitano. "You're going to expect hell," the veteran of three World Cup qualifiers said Monday. NEIL DAVIDSON/THE CANADIAN PRESS

MLB. Tigers' pitching staff simply purring along vs. struggling Yankees

There were times this year when Justin Verlander took the mound while his team was reeling a bit — and the right-hander's presence was Detroit's best shot at snapping out of a momentary funk.

Now, the hard-throwing ace is in a different situation. Led by Verlander, the Tigers' rotation has been absolutely terrific this post-season, and his job is simply to keep this remarkable run going against the slumping New York Yankees.

"I think pitching, much like hitting, is contagious," Verlander said. "Guys go out there night in and night out and see guys have a good game, and the next day he wants to have a good game, so on and so forth. And I think that's what we are feeding on right now."

The Tigers won the first two games of the AL championship



Justin Verlander throws on Monday at Comerica Park in Detroit.
THE ASSOCIATED PRESS

series in New York, holding the Yankees scoreless except for one brief uprising against closer-in-limbo Jose Valverde. With the exception of Valverde, no Detroit pitcher has allowed an earned run since Game 3 of the division series against Oakland.

By the numbers

0.94

Detroit's starters have posted a 0.94 ERA in the playoffs this year. The post-season record for a starting staff pitching at least seven games is 1.05, set by the 1920 Cleveland Indians, according to STATS LLC.

Verlander takes the mound Tuesday night in Game 3 of the ALCS. The reigning AL MVP won both his starts against the A's, throwing a shutout in the decisive fifth game.

Detroit's pitching display has gone hand in hand with New York's horrendous slump. Derek Jeter is out for the year after breaking an ankle in Game 1 of this series, and the Yankees desperately need their other stars to start hitting.

THE ASSOCIATED PRESS

NHL

CBA talks to return to 'main issues' on Tuesday

The key negotiators in the NHL's collective bargaining talks will look to start bridging the gap on economic issues when they resume negotiations.

A meeting between the league and union is scheduled for Tuesday morning. The two sides will discuss "ideas for moving the process forward on the main issues," according to deputy commissioner Bill Daly.

Beyond that, there is no set agenda.

The session will feature commissioner Gary Bettman and Daly for the NHL and executive director Donald Fehr and special counsel Steve Fehr for the NHL Players' Association.

THE CANADIAN PRESS

NFL. Mood a little merrier with Buffalo back at .500

Shawne Merriman is back in Buffalo after the Bills resigned the free-agent pass-rushing star to bolster their banged-up defence.

The Bills (3-3) announced the signing Monday, after returning home from an extended West Coast trip, and a day after a 19-16 overtime win at Arizona worked them into a four-way tie for first place in the AFC East.

"You can never have too many guys that we believe can rush the passer," coach Chan Gailey said. "We'd rather not go into a game with just three defensive ends."

Merriman returns to the Bills two months after the team cut the three-time Pro Bowl selection, in part because it wanted to develop several younger players. Buffalo's priorities have since



Shawne Merriman with the Bills last October in Buffalo. GETTY IMAGES FILE

changed after the team's depth has been depleted at the defensive end. Veteran end Chris Kelsay said the adjustment will be easier since Merriman knows the territory. THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20
You may be a bit short-tempered today, especially where money matters and business issues are concerned. If you let your negative feelings get the better of you, bad and divisive words could follow. It's really no big deal.

Taurus

April 21 - May 21
You may not be lacking in confidence but confidence is not what you need more of today — you need more common sense. If you take on too much or challenge someone who is bigger than you, the results won't be pretty.

Gemini

May 22 - June 21
You must not allow loved ones and colleagues to pile more work on your plate. Be wary of those who try to use emotional blackmail to get their way. You have nothing to feel guilty about, whatever they might say.

Cancer

June 22 - July 23
You may find it hard to keep your cravings in check over the next 24 hours and that could jeopardize a relationship that is fragile. Variety may be the spice of life, but do you really have to sample everything?

Leo

July 24 - Aug. 23
Your home life and your working life will clash today. Only you can decide which means more to you, but think twice before you sacrifice your ambitions for the sake of a loved one. Would they do the same for you?

Virgo

Aug. 24 - Sept. 23
No matter how much others may irritate you today, you must keep your emotions under control. The planets warn if you say or do anything hurtful now, you will pay for it later.

Libra

Sept. 24 - Oct. 23
You may think that you will lose out if you don't make a quick decision but it isn't true. In fact, the longer you put off making a choice the more likely it is others will make the right choice for you.

Scorpio

Oct. 24 - Nov. 22
You will be even more imperious than usual today, maybe as an over-reaction to yesterday's new moon. Don't be too aggressive though or it could cost you. It will take time and effort to repair a damaged friendship.

Sagittarius

Nov. 23 - Dec. 21
Although you find it easy to get out into the world and make new friends, you also need to reserve some time and space for yourself. Stand back from the hustle and bustle today, and just enjoy being yourself.

Capricorn

Dec. 22 - Jan. 20
Take care you don't go over the top today, either at home or at work. If you do, you are sure to regret it. Tone down your act a bit and give your rivals more respect. They're not really enemies.

Aquarius

Jan. 21 - Feb. 19
Be nice to everyone you meet over the next 24 hours but especially to employers and people in positions of authority. The last thing you want is to give them an excuse to make life difficult for you.

Pisces

Feb. 20 - March 20
New ideas and new ways of doing things may look attractive but don't discard the old ways all in one go. Aim to get the balance right and get the best of both worlds — it's not really hard. **SALLY BROMPTON**

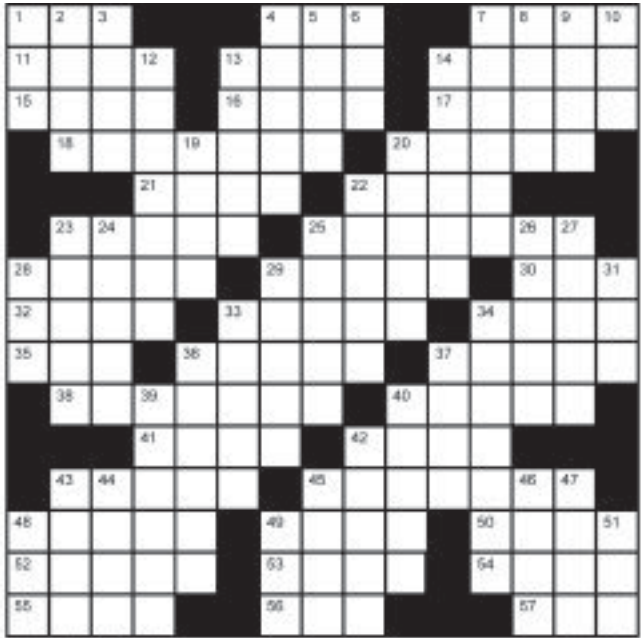
Canadian Singers Cross Each Other

Across

- 1. Flower garden
- 4. Official Parliament opposition: initialism
- 7. Chief
- 11. Allies' foe in WWII
- 13. Belle's boyfriend
- 14. Becomes weary
- 15. Essence of an argument
- 16. Bring in, as wages
- 17. Raises, as children
- 18. IMAX ____
- 20. Burnaby, BC-born pop singer Michael
- 21. Brains
- 22. Dainty fabric
- 23. Cathedral topper
- 25. ____ Party: Canada's oldest federally registered party
- 28. People buy Dr. Scholl's products for these
- 29. Spelunking sites
- 30. Box cover
- 32. Online report
- 33. Three goddesses of destiny, with "the"
- 34. Voice type between soprano and tenor
- 35. Soup container, often
- 36. Buenos ____, Argentina
- 37. Oak nut
- 38. Alberta's third-largest municipality (after Calgary and Edmonton) (2 wds.)
- 40. Decrease in intensity
- 41. How a lazybones hangs around
- 42. Brought to court
- 43. Longed (for)
- 45. Refer to incidentally
- 48. Cake maker
- 49. ____ et Chandon

Down

- 50. Violently frenzied
- 52. Affirms positively
- 53. Pea containers
- 54. Central area of a church
- 55. Afternoon affairs
- 56. Pig pen
- 57. Sunbeam
- 1. Paper or plastic grocery item
- 2. Egress
- 3. Satellite TV receiver
- 4. Approaches
- 5. "Bet you can't," e.g.
- 6. Sometimes groan-inducing bit of wordplay
- 7. Justin ____: London, Ontario-born Never Say Never pop star
- 8. Spoken
- 9. Desiccated
- 10. Serpentine warning
- 12. Preparing a beef and vegetable dish
- 13. Singer Midler or actress Davis
- 14. Breaks from fighting
- 19. Broadcasts
- 20. Infants "in the woods"
- 22. A cat has nine
- 23. Alternative to fossil fuels
- 24. On one's belly
- 25. "Toodle-oo"
- 26. Assign as one's share
- 27. Gasoline unit
- 28. Blue Jays' games airt
- 29. Mariah ____: 1990 Best New Artist Grammy



- winner
- 31. Controversial hockey commentator Cherry
- 33. Ballpark
- 34. Early French Canadian
- 36. Poisonous snakes
- 37. Aid, particularly someone in the commission of a crime
- 39. Informal roadside restaurants
- 40. Cousins' mothers
- 42. Shabby
- 43. Apply asphalt
- 44. Big name in home furnishings
- 45. No longer relevant
- 46. Rubaiyat poet Khayyam, actor Sharif, or House actor Epps
- 47. ____ Scotia
- 48. Dracula creature
- 49. Partiammentarians, for short
- 51. Door opener

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

5	1	2	9	6	8	3	7	4
8	3	7	1	2	4	9	5	6
6	9	4	7	5	3	8	1	2
7	8	6	5	3	9	2	4	1
3	4	1	6	8	2	7	9	5
9	2	5	4	7	1	6	3	8
1	8	3	2	9	6	4	8	7
2	5	9	8	4	7	1	6	3
4	7	8	3	1	6	5	2	9

Today

15° / 2°

Rain

80%

Wednesday

6° / -2°

Rain

70%

POINTCAST

Get Your 10m Weather

www.theweathernetwork.com/pointcast

The Weather Network 2012

Sharability

easy

hard

THESE KIDS NEED SCHOOL BUS DRIVERS



Driving a school bus just a few hours a day gives you a great reason to get up in the morning and a chance to make a difference in the lives of Regina area children. You can still enjoy your summer off, as well as all weekends and school holidays. We provide free friendly training and a clean, safe, professional work environment.

If you enjoy driving and working with children and would be available for a few hours each school day, this would be perfect for you. Occasional spare drivers also welcome. Now training for September.

CALL TODAY! 306-721-4499

www.firststudentcanada.com

We are an equal opportunity employer.

First  **Student Canada**